



YPSI MIX

March 2019

March Events:

Thursday March 14th

@3:14-9:14pm

Pi(e) & a Pint Fundraiser

Pop on over to Cultivate and enjoy some Ypsi Co-op Pies and other donated local sweets. Proceeds support Ypsi Meals on Wheels.

Tuesday, March 19 @ 6:30 pm

Co-op Board Meeting

In the Co-op meeting room upstairs

Sunday, March 24 @ noon to 4 pm

Join EMU Dietetics Students at the co-op for personalized health info

Thursday March 28nd @ 6pm

YFC Talk and Tour

Join us to find out all the ins and outs about co-ops and YFC and receive a 10% coupon.

YFC Social Media:



As you may have heard, the Double Up Food Bucks program is going on spring break from March 1st to May 31st. This pause helps ensure that the program can continue offering

312 N. River Street, Ypsilanti, MI 48198

734.483.1520

Keeping it Green for St. Paddy's Day

For some St. Paddy's day revolves around corned beef, potatoes and perhaps a drink or two. The co-op has you covered there, but you don't have to be Irish to enjoy this holiday and celebrate a concept much greater than banishing snakes from the countryside. The Co-op is passionate about keeping it local in part because this is a better choice for the environment and we love to Keep it Green at the Co-op no matter what time of year!

As the back of your Membership card explains, the Ypsilanti Coop Exists so that: "The entire community has access to healthy food and products that are **locally produced**, organic and non-GMO." We seek to support local growers and small business owners not only because it keeps our community economically strong but also because it is more sustainable. Why is this something we value? Every time someone purchases a product that is not locally grown and produced there is an added cost that is easy to overlook, but

has real impact. Tomatoes grown in Mexico for example, were not only picked at less than peak freshness (providing a less nutritious and less flavorful experience) but have to be shipped across the country for you to enjoy them here in Michigan. Although they are sometimes less expensive due to mass production and labor practices in that area, the resources that were consumed to have them sitting pretty on a shelf near you have an excessive cost to all of us. The fossil fuels expended to transport the fruit across the nation, in addition to the farming practices that allowed them to be so affordable to ship this distance has greater implications for future generations.

Take the time to consider where your food was grown. We always try to highlight our locally and regionally produced goods to give you options. Join us this St. Paddy's Day as we all try to reduce waste, support our community and make more sustainable choices.

Double Up Pause

As you may have heard, the Double Up Food Bucks program is going on spring break from March 1st to

May 31st. This pause helps ensure that the program can continue offering

Double Up Bucks in all 250 locations in Michigan, including The Ypsilanti Food Co-Op!

You can still redeem any Double Up Bucks you have earned to date. However, you cannot earn any Food Bucks until June 1st.



Thank you for making the Double up program such a success!

My Education and Our Board's Work

by Celeste McClellan

As the newest member of the Ypsi Food Co-Op Board I've been receiving a real education.

When Ypsilanti became my home in the early 1990's I just liked dropping in to shop at the Co-op. I found that having the Co-op so close to where I live makes shopping easy. And, because I care about our community, supporting the Co-op's mission is gratifying. Soon I joined the Co-op as a member-owner, gladly paying the nominal annual "fair share" to make a larger commitment to investing in a place I really appreciate and love to shop. I like the member discount as well.

I gave a lot of thought to my decision to run for the board, which involves further commitment to our community. Once elected, learning about why food cooperatives exist was the first step in my education as a board member.

The history of our Ypsi Co-op goes back many years. <https://ypsifoodcoop.org/content/yfc-history>. I've also learned that the larger co-op movement goes back to a time when workers could not make enough money to buy decent food for their families. A co-op brings many people together who pool resources to purchase goods, thereby saving a lot in the long run.

For example, the bulk section at our Co-op offers access to many staples, from flour and rice to beans, nuts, sweets and other food items. It's fun to select a bag size, write the item number on it and fill the bag with something to start a delicious meal with, then head over to other sections of the store to select the rest of the ingredients. Tonight we made Jasmine rice from the bulk section, spinach from our produce section and Tikka Masala sauce from the packaged goods aisle. We added cooked chicken for our protein. We've conjured up countless inventive meals consisting solely of goods from our Co-op. Also helpful is the weekly YFC newsletter, which always tempts us with a tasty recipe. And when we don't have time to cook there are many already prepared options in the deli fridge and freezer section.

But a co-op is much more than pooling resources, getting a discount as a member/owner and shopping there. Much work goes into the management and operation of our cooperative. As a board member I am only beginning to learn what keeps our store open and serving our members and the public. To remind us, every board meeting begins with a reading of our "ends statement":

Ypsilanti is a resilient, inclusive, thriving and healthy community. The entire community has access to healthy food and products that are locally produced, organic, and non-GMO. Ypsilanti has a strong, vibrant local economy. Our community is knowledgeable about sustainability, local economy, good food, and cooperative economy. Our community has a model for sustainable environmental and cooperative business practices. Our member-owners, workers, and the public are part of a democratic cooperative community. Ypsilanti has a thriving sense of community with a culture of openness, accessibility and diversity.

Once we've read the statement we begin working on our policy governance agenda.

We invite you to join us at a Board meeting sometime. You'll gain a deeper understanding of why the Ypsi Food Co-op is valuable to our community, and how we serve the public and our members' needs in a friendly, healthy and environmentally conscious way. *Thank you, Celeste*



Pączki

It's that time of year again! Fat Tuesday, or as it is lovingly called in many areas of Michigan, Paczki Day. This day is celebrated by indulging in the traditional Polish jelly-filled pastry known as a *pączek* (PON-check) or *pączki* (POONCH-kee), the plural for this sweet treat.

Pączki are made from richer yeast dough containing eggs, fats, sugar, yeast and milk that won't collapse when you bite into it. They are deep-fried and filled with fruit or cream and then are topped with a light dusting of sugar. The traditional fruit filling is prune, but others include apple, lemon, blueberry, raspberry, strawberry and custard.

In Poland, *pączki* are eaten especially on Fat Thursday (*Tłusty Czwartek*), the last Thursday prior to Ash Wednesday. The traditional reason for making *pączki* was to use up all the lard, sugar, eggs and fruit in the house, because their consumption was forbidden by Christian fasting practices during the season of Lent.

In America, we eat a larger version of the Polish pastries, and typically eat them on Fat Tuesday which refers to the culmination of Mardi Gras, the ongoing Carnival celebrated beginning back during the Epiphany. It is a Catholic day of celebration as it is the precursor to the Lenten season, and the last day to indulge in foods before the traditional 40-day period of fasting before Easter. Polish immigrants brought those traditions with them to the United States, so places with strong Polish roots such as the Detroit area, hold on to those important celebrations. Today we continue the tradition here in Ypsilanti, and Polish or not, we have traditional style from Dom's Bakery on Washtenaw in Ypsilanti, as well as a healthier version from Avalon Bakery in Detroit. They will be available through Tuesday, March 5th!

EMU Student Dietetic Association of EMU Joins Customers at YFC

Join the Student Dietetic Association of EMU on Sunday, March 24th from 12-4 p.m.

This event will involve future Registered Dietitians being available for open discussions about current trends in nutrition. Whether you want to learn more about how to eat healthy, ask about specific food products, or any other nutrition news, we will have a group of students who will be happy to talk! We are very excited to have them hear and we hope to see you!

Isaac Salinas
Dietetics Student, Eastern Michigan University

Michigan Vendor Spotlight: Higher Grounds Coffee

This Fair Trade coffee roaster based out of Traverse City, Michigan proves that you can enjoy a terrific cup of Joe while helping save the planet at the same time! Higher Grounds roasts the finest organic berries sourced directly from growers in order to increase rights for coffee farming communities around the globe. Their company believes that high quality coffee is sustainable only through a human centered approach to trade and it shows. This 100% Fair Trade Organic certified coffee company ensures the crops were grown with respect for the farmers, workers, and the earth.

As you may know, farmers in coffee-growing regions have long struggled to make ends meet. Small-scale coffee farming is not the most lucrative profession. Coffee farmers put in countless long hours for an average yearly income of less than \$300. That's less than 2% of what a full-time worker on minimum wage in the U.S. makes in a year. This is pocket change compared to what most U.S. citizens spend in a year on

coffee. (How many of us buy two \$4 lattes per week? Take a second to appreciate the luxury.) Global Fair Trade standards dictate a "living wage" for these farmers, which means they're guaranteed a certain price for their product despite fluctuations in the market. Their company also provides coffee farming communities with additional support through their **on the Ground Non-Profit** which donates 1% of their sales to further promote gender and social equity, environmental sustainability, and economic security in the coffee partner's communities. You can even go to fairtradeproof.org to follow the path that their beans take from the field, to your cup.

Each of their wonderful coffee blends support different communities, and non-profits project across the world. At the Ypsilanti Food Co-Op we carry their special Kawa Kanzururu blend which was created to raise funds for protecting the habitat of critically endangered Mountain Gorillas in the Congo region of Africa.

To get more information about these you can also visit them online at www.highergroundstrading.com.

This company goes above and beyond to work for growers' rights, and sustainability issues and they are doing a terrific job promoting justice in the coffee industry. We are grateful to be able to offer their coffee to you at our Co-op. In the month of March we will featuring \$1.00 off all our pre-packaged whole bean and ground Higher Grounds Coffees! So stop by the Co-op, check out our selection of Higher Grounds Coffee.



**HIGHER GROUNDS
TRADING COMPANY**

Running For The Board?

It's getting close to election time for the YFC Board of Directors so be on the look out for the candidate applications!

What does the Board of Directors do? They set long-term ends and policies for the Co-op by using Policy Governance and work closely with the GM to ensure the Co-op's health, stability, and service to our member-owners and community is

top notch!

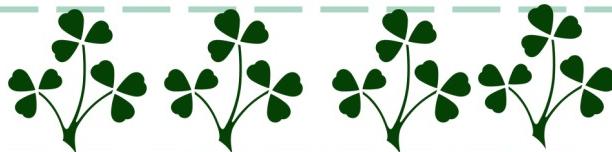
Candidate applications will be posted around March 20th and must be turned in by Wednesday, April 10 at 5pm!

Applications will be available at the registers and online! If you have any questions about running for the board email:

board@ypsifoodcoop.org

Donations Swoop In

Thanks to all of our Co-ops who participated in the Social Welfare Action Alliance Food Drive and donated non-perishables to the SWOOPS food pantry in February. SWOOPS helps Eastern's students when they need it most. Their goal is to work towards ending poverty and help oppressed people get back on their feet. Although the food drive is done, you can still get involved with the Social Welfare Action Alliance by contacting SWAA president Dayne Bohn at dbohn@emich.edu



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Special Thanks to:

Our Board and all the staff, volunteers and members